



APPENDIX 3 – PARENT CODE OF CONDUCT

Patinage Québec considers the influence of parents on Équipe du Québec athletes to be important. It also recognizes the importance of parents. In order to set an example and ensure the smooth operation of national competitions, parents will also have to abide by a code of conduct.

Parent code of conduct

Parents have a great influence on athletes' experiences at competitions and in their practice environment. The relationship between an athlete and his or her parent, and the way parents behave in a skating environment, determine the quality of an athlete's experience.

The well-being and fulfillment of the athlete are priorities for the parent, far beyond performance and victory.

- The parent must not have unrealistic expectations towards the athlete. They must be aware that athletes are not professionals, but rather developing athletes;
- The parent strives to be knowledgeable about the requirements of basic skating programs to prevent ignorance from biasing his or her judgment toward the decisions of coaches and officials;
- Parents must always behave positively and responsibly. They must communicate to their child/athlete that they expect them to behave in the same manner;
- The parent respects the athletes, parents, coaches, managers and chaperones of the Quebec team, as well as officials and people from other provinces. He acts with courtesy and never ridicules an athlete who has made a mistake during the competition. Instead, he makes positive comments that motivate and encourage continuous effort;
- The parent respects all officials' decisions and encourages athletes and coaches to do the same;



- The parent must refrain from any behavior or comments that are blasphemous, insulting, unwelcome, sexist, racist, offensive or disrespectful. All without hostility or violence (physical or psychological).
- The parent, coach and athlete are considered members of the same team, whose primary concern is the athlete's overall progress and development. The role of the parent in this team is to encourage and support the coach's decisions, and to assist the athlete in his or her development, as well as providing any other support needed for success;

The parent respects the rules that have been issued for athletes concerning authorizations for social activities, visitors and the rule of the responsible training movement during national competitions;

- The parent will set an example and encourage the athlete to maintain a good balance between skating and their life, make balanced and healthy food choices and subscribe to an active and healthy lifestyle;
- The parent will never provide illegal drugs, tobacco or cannabis. Only medications prescribed by a physician and authorized by Skate Canada are permitted. Athletes are required to inform the Équipe du Québec attendants or the manager of any medication they may be taking. Please consult the World Anti-Doping Agency list: <https://www.wada-ama.org/en/prohibited-list>;
- The use of any substance intended to artificially enhance an athlete's performance is strictly forbidden. Any athlete who tests positive for any substance will be immediately expelled from the team until the appropriate tests have been carried out by the proper authorities;
- The parent will respect the athlete's curfew (time of entry to the hotel room), which is determined according to the age of the athlete and the competition schedule. The curfew must be respected during national competitions to maximize each athlete's individual and team performance, and to respect athletes whose competition has not yet ended;
- The parent openly supports this code of conduct and takes steps to ensure that other parents respect and support it;
- The parent will respect the rules issued by Skate Canada, Patinage Quebec and both levels of government regarding the pandemic so that athletes, coaches, volunteers and parents are safe and healthy;